

# Flight Jacket

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## Commissary's 'Best Value' program promises quality at lowest prices

Compiled by Lance Cpl. Scott Whittington

PAO, MCAS Miramar

Starting July 1, the commissary here will introduce the Best Value program to make bargain hunting easier for military shoppers, most of whom have said saving money is their number one priority.

The Best Value program, which affects all 290 commissaries worldwide, identifies name-brand quality items that are the lowest price at the name-brand quality our customers expect, said Gary Duell, manager, Marketing Business Unit, Defense Commissary Agency, in a press release from DeCA.

The program will not apply to every size and type of grocery item carried by commissaries, according to Duell. Also, the item list may change frequently depending on market conditions.



photo by Lance Cpl. Scott Whittington

**Stanley S. Cabusao, retired senior chief, smiles as he notices the savings on his commissary receipt. As of July 1, commissary customers should see even greater savings if they purchase the "Better Value" items marked throughout the store. Customers are expected to save an additional 25 percent on the already low prices.**

"To kick off the program, we're focusing on approximately 50 popular products in the most frequently purchased sizes," explained Duell. The chosen products include common household items to food.

A customer who wants a

rock-bottom price on quality, name-brand products can simply look for the "Best Value" sign.

Currently, the commissary here has more than 16,500 items and if the program goes as well as DeCA hopes, the number of items

chosen for the Best Value program will be approaching 100 by next summer, according to Bob Nagle, store administrator Miramar commissary.

Nagle added, the items

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## Kosovo: one year later

By Staff Sgt. Kathleen T. Rhem

American Forces Press Service

**WASHINGTON—**

North American Treaty Organization troops have made huge strides toward ending ethnic strife since the Kosovo Force entered Yugoslavia's southern province one year ago June 11, but the international community still has a long way to go.

Pentagon spokesman Rear Adm. Craig Quigley delivered that bottom-line assessment to reporters in a June 6 briefing.

About 6,100 Americans are among the 42,000 troops from 28 nations participating in peacekeeping operations, which began after NATO air strikes against the Serb military succeeded in ending escalating violence against the province's ethnic Albanian majority.

Quigley offered some statistics to prove the

See **Kosovo**, Page 10

## Less smoking improves troop health, cuts healthcare costs

By Kathleen T. Rhem

American Forces Press Service

**WASHINGTON—** Tobacco use in DoD has dropped significantly in the last two decades, generally mirroring civilian rates. But 30 percent of the active duty force still smokes.

"Since 1995 there hasn't been much change in that percentage," said Lt. Col. Wayne Talcott, an Air Force psychologist who is co-chairman of the DoD Alcohol Abuse and Tobacco Use Reduction Committee.

"We'd like to see a continued downward trend." He said DoD hopes to meet the U.S. Department of Health and Human Services' "Healthy People 2010" goal of a 12 percent smoker rate.

DoD spends \$930 million per year on healthcare for smoking-related illnesses and lost productivity in DoD

beneficiaries,

Talcott said a recent study of just active duty Air Force members below age 36 shows that the service spends \$107 million a year to treat smokers and for lost time due to smoke breaks. The study assumed "a conservative estimate" of three 10-minute smoke breaks a day.

"If you look at that in man-hour equivalents, that's how much it would cost to employ 3,537 people for a year, about the number on an average-sized Air Force base," Talcott said.

All four services prohibit smoking throughout basic training, and Talcott believes that makes it an ideal time to quit for good.

"There are certain times people are more willing to make changes. For instance,

See **Tobacco**, Page 10

## Fallen comrade returns home



photo by Petty Officer 1st class Robert Benson

**Gunnery Sgt. Roland Henderson presents Marion Boyd with the flag used to cover the casket of her son Marine Pfc. Walter Boyd during his ceremonial burial at Arlington National Cemetery on June 9, 2000. Boyd was killed on May 15, 1975, in a rescue attempt of the captured crew of USS Mayaguez. The helicopter**

**he was flying in came under heavy enemy fire as it approached the island where the crew was being held captive and crashed into the surf with 26 men on board. Half were rescued at sea, leaving 13 unaccounted for. Boyd was listed as Missing In Action until his remains were identified and returned in May.**



## Flight Surgeon receives top honors

By Flight Jacket Staff

PAO, MCAS Miramar

A Miramar Sailor recently received one of the most prestigious awards for a service member in the medical field.

Navy Lieutenant Alfred F. Shwayhat, 33, a flight surgeon with Marine Medium Helicopter Squadron 165 and Santa Rosa, Calif., native, was presented with the Navy Operational Flight Surgeon of the Year Award, May 18.

This is the oldest award given to an operational flight surgeon in the Department of the Navy. Flight surgeons throughout the Navy and Corps compete for the award, but it is given to only one. The recipient's name is engraved on a plaque along with those of past recipients of the award. That plaque hangs on display in the Naval Aviation Museum in Pensacola, Fla.

According to the Department of the Navy, the award is given to a flight surgeon that best exemplifies the purpose of a medical department attached to a Navy or Marine Corps unit.

"I didn't expect it. It's a tremendous honor," Shwayhat said. "But I do want to say as a flight surgeon, I consider myself an advisor to the commanding officer of the Marines of HMM-165."

Shwayhat cares for patients at

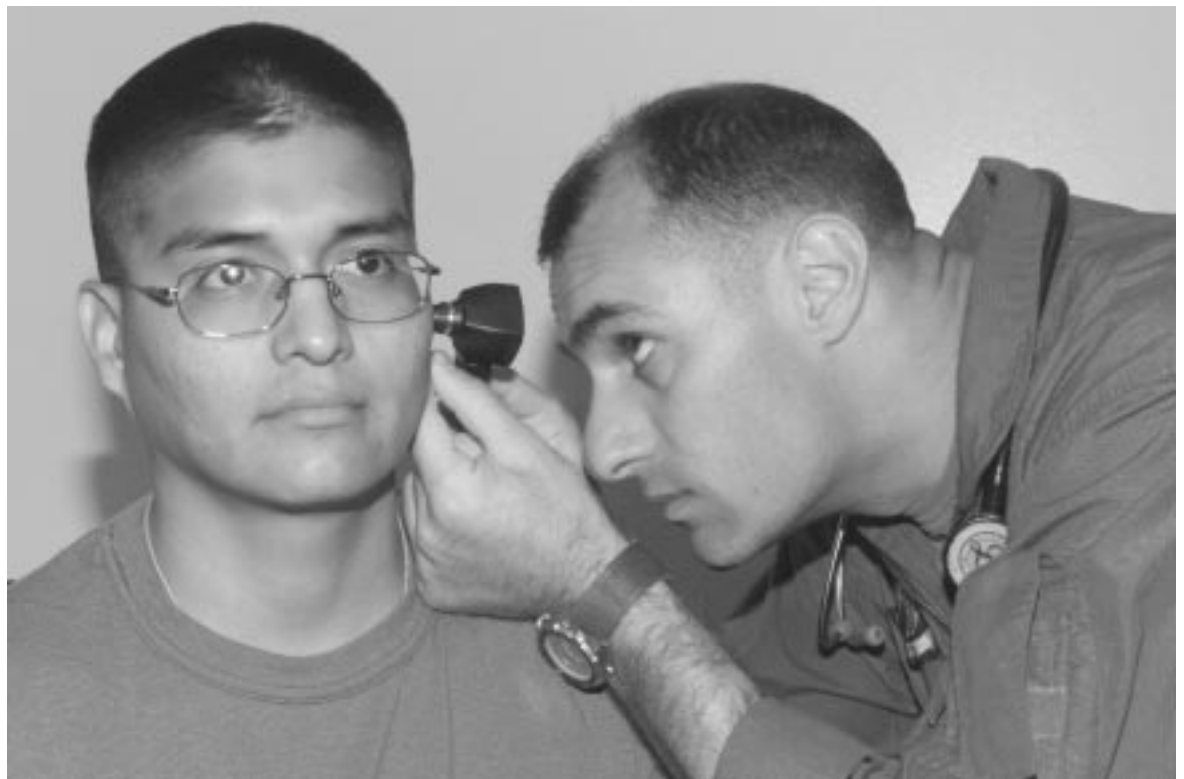


photo by Cpl. Carolyn S. Sittig

**Navy Lt. Alfred F. Shwayhat, Medium Marine Helicopter Squadron 165 flight surgeon, examines the ear of Sgt. Jonathan Becenti, VMFA-323 communications and navigation systems technician.**

the Branch Medical Clinic on a daily basis, while also being responsible for the Marines and Sailors of HMM-165.

Part of his responsibility for the squadron includes assessing potential medical programs, while maintaining the current program like the hearing loss, aviation and regular physical and sight preservation programs.

When the squadron is here at Miramar, Shwayhat visits each shop in the squadron and talks with the Marines about various aspects of their duties to evaluate the occupational risks for their particular job. "It's my job to know exactly what they do and how they do it, so I can learn the occupational dangers," he said.

"If the programs that I recom-

mend work, the credit belongs to the Marines and Sailors of this squadron, not to me. Because all I did was make recommendations. It's the people who implement the recommendations and carry-out the recommendations that deserve the credit," said Shwayhat.

When the squadron is either on

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## Amphibious brethren get medical training from sister service

By Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

Marines from Aircraft Rescue and Firefighting have teamed up with college instructors and corpsmen from the Branch Medical Clinic to form a new Emergency Medical Technician training program here.

The program started with 12 ARFF Marines, who went through a refresher EMT course two months ago. Shortly after the class, two of the Marines began hands-on training with corpsmen here. Currently, there are 16 Marines from ARFF undergoing the EMT certification class and two at the BMC, said Sgt. Luis Mendez, ARFF administration chief.

The program includes four weeks of classroom education with Miramar College instructors. Marines learn physiology, anatomy, pre-hospital care, trauma and spinal emergency care, sports injury and more during the EMT class, said Petty Officer 3rd class Brandon Gerhart, BMC corpsman.

This training is important because it gives Marines who are first responders to accident and flight mishaps the skills to deal with injured personnel, said Gunnery Sgt. Robert Jeffery, ARFF training chief.

Not only do they gain essential skills, but skills that will never

cease to be useful. "They will use these skills daily. Any time the crash alarm goes off, the potential to use them is there," said Jeffery. He adds that these skills will help them whether they stay in the Corps or do aircraft rescue as civilians.

Their training differs from that of the corpsman in that the corpsman get six months of medical training and three additional weeks of emergency medical technician training, said Gerhart.

Once they complete the classroom portion of the program, ARFF Marines report to BMC for six weeks of hands-on training with EMT corpsmen.

Though they get less classes, Gerhart feels they are still well-prepared. He explained that these Marines actually receive more training than most EMT trainees. Their training at the BMC includes defibrillator and combitube certification, learning to do IVs, as well as assisting with many procedures while responding to medical emergencies, he added.

Transitioning into a medical environment was slightly nerve-racking for ARFF Marines. However, after observing the corpsmen they began to feel confident about treating people. "I was nervous at first. But not now, it's like playing a sport and getting the

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## Flight Jacket



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**Cpl. David Hercher**  
Editor

**Cpl. Carolyn S. Sittig**  
Lance Cpl. Kristopher S. Haloj  
Lance Cpl. Scott Whittington  
Combat Correspondent



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photo by Cpl. Carolyn S. Sittig

**Lance Cpl. Robert Lueders, ARFF, a recently certified EMT currently undergoing hands-on training at the Branch Medical Clinic here removes the dead skin from Sgt. Dave Rodriguez's burnt palm.**

## Military offers ‘fantasy jobs’ through Yahoo!

By Jim Garamone

American Forces Press Service

**WASHINGTON**—The U.S. military and Yahoo! are teaming up to deliver action-packed military jobs to winners of the “Fantasy Careers in Today’s Military” contest.

Yahoo! is going to feature some military occupations among its “fantasy” jobs. Winners will get to experience military jobs in a way that has never been offered before.

*The winner in the Air Force category, for*

*example, will get to shadow an F-15 pilot, then fly in the aircraft.*

*The winner in the Army category will fly in an Apache helicopter at Fort Rucker, Ala., then parachute with the Golden Knights at Fort Bragg, N.C.*

*The Navy winner will experience life aboard an aircraft carrier. He or she will fly to the ship aboard a C-2A Greyhound, then see how the crew makes the floating city work.*

*The Marines will offer the winner a taste of officer basic training at Marine Corps*

*Base Quantico, Va.*

*The Coast Guard will give winners the chance to train with rescue swimmers, ride in a self-righting boat and participate in helicopter rescue training.*

“This contest is about the public meeting military service members, getting to know who they are, and experience firsthand their maturity, dedication and professionalism,” said Navy Cmdr. Yvette Brown-Wahler, DoD’s assistant director for recruiting plans.

“This is a way for ordinary people from

Main Street USA to connect with extraordinary people doing exciting, thrilling and challenging jobs while serving their country.”

The contest runs through July 4 and calls for entrants to write an essay answering why they would want to participate in one of these jobs. U.S. residents age 18 and older who want to participate simply need to go to [careers.yahoo.com](http://careers.yahoo.com), click on the

“Fantasy Careers” link, register for a free

See **Fantasy Jobs**, Page 10

## 5K continues ‘drug free summer’

Compiled by Lance Cpl.

Kristopher S. Haloj and Dave Furlong

PAO and MCCS Public Affairs, MCAS Miramar

Nearly 1,100 Marines, Sailors and civilians showed their support for the fight against illegal drug use by participating in the Marine Corps Community Services Drug Free 5K Walk/Run here June 8.

The 5K was one of eight events that are part of the MCCS “99 Days of Summer Challenge,” a series of activities and events focused on raising awareness of substance abuse aboard the air station. The challenge, which is sponsored by MCCS’s Single Marine Program and Drug Demand Reduction/Prevention Program, began Memorial Day and is scheduled to end on Labor Day.

The run began at the sports field in front of the station fitness center at 6:30 a.m. Sixteen commands from Miramar gathered in

formation lining the field along with a small crowd who decided to run individually. The small crowd included Rinti and Paco, military working dogs from the Provost Marshal’s Office here.

The course traced around the golf course and back to the field.

Cadence of all flavors filled the air as the formations of Marines and Sailors made their way around the course in support of the SMP and the DDRPP’s campaign against illegal drugs.

One squadron in particular, Headquarters and Headquarters Squadron, ran not only for the campaign against drugs but as a way of saying good-bye to Lt. Col. Jeffrey G. Lucas, H&HS commanding officer. The run was the last Lucas will attend before he passes the baton as H&HS commanding officer to Lt.

See **5K**, Page 10



photo by Lance Cpl. Kristopher S. Haloj

**Lt. Col. Walter H. Augustin, commanding officer for Marine Aviation Logistics Squadron 11, leads his squadron in the 5k Walk/Run against illegal drugs, June 8. More than a 1,000 Marines and Sailors participated in the event, which is part of the Single Marine Program and the Drug Demand Reduction/Prevention Program ‘99 Days of Summer Challenge.’**



# America Honors ‘Greatest Generation’

By Jim Garamone

American Forces Press Service

**NEW ORLEANS** — In 1938, the man who would be its commander in chief, President Franklin D. Roosevelt, said the generation coming of age had “a rendezvous with destiny.”

That destiny was to save the world for democracy during World War II. And the celebration of the opening of the National D-Day Museum here June 6, was a chance for younger Americans to thank their parents and grandparents.

“We are the heirs of your sacrifices,” said Defense Secretary William S. Cohen during the opening ceremony. “We are citizens of the world that you made, and we can only stand in awe of your courage, at your sense of duty and the other sacred gift that you have offered to all people. To you belongs the honor of this day.”

Wendell Holmes Jr., a lieutenant in the Civil War, still sat on the court when the men of World War II were youngsters. Holmes noted that his comrades from the Civil War were getting older and that each year there were fewer of them. “Only one thing has not changed. As I look into your eyes, I feel the great trial of your youth has made you different,” the jurist said.

It has been 55 years since the end of World War II, and these men and women can sympathize with Holmes’ observation.

“I think all of us bear the marks to this day of our experiences on D-Day,” said Roy Boyter, a 29th Infantry Division soldier who landed with the second wave at Omaha



photo by Jim Garamone

**Marine veterans of World War II Pacific battles get a rousing welcome from the crowd in front of the National D-Day Museum in New Orleans. The museum opened to the public June 6, the 56th anniversary of the Allies’ D-Day invasion of Normandy, France, in World War II.**

Beach in Normandy, France. “Seeing friends die — men who we had lived with for up to three years — will affect you.”

A 1st Infantry Division veteran listening to Boyter took up the story. “The way your friends were killed added to the shock of seeing them dead,” said Gib Blaylock. “This wasn’t some movie death scene where the villain just grabs his heart and slumps over. People were being blown apart. In some cases you recognized pieces of your buddies.

“Someone told me that a combat soldier is a realist. After the first exposure to sudden death you understand it can happen to you and it’s just God’s will or luck that it wasn’t.”

Thousands of those realists were in New Orleans for the opening of the museum and to commemorate those who died in battle. Many men took their World War II uniforms out of storage and wore them during the events June 6. “I’m not any fatter,” said a

veteran Army first sergeant. “But somehow I’m shorter.”

“Yeah, you won’t die, you’ll just shrink out of sight,” said a fellow vet.

That humor was also in evidence and must have sustained the men in 1944. Boyter was talking to another 29th Infantry Division vet about the battle for St. Lo. “I made it to St. Lo a week before the regiment did,”

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## Sergeant Major’s Corner



By Sgt. Maj. Ira J. Lott

*MCABWA Sergeant Major*

Are you a leader or manager? That is an age-old question that comes with many, many responses.

According to General C. B. Cates, our 19<sup>th</sup> Commandant, “Leadership is intangible, hard to measure and difficult to describe. Its quality would seem to stem from many factors. But certainly they must include a measure of inherent ability to control and direct self-confidence based on expert knowledge, initiative, loyalty, pride and a sense of responsibility. Inherent ability obviously cannot be instilled, but that which is latent or dormant can be developed. Other ingredients can be acquired. They are not easily learned. But leaders can be and are made.”

Management, according to The American Heritage College Dictionary, is “The act, manner, or practice of managing: handling, supervision, or control.”

There was an article published in the 1994 November Naval Proceedings written by Capt. K. L. Freund, entitled “Management Is a Vital Part of Leadership”, in which the captain suggests that there needs to be a balance between the two. In part he states that “Motivation alone is not enough. Neither is management enough in itself ... leadership consists of managing and motivating in equal measure ... a leader who inspires and man-

ages is a true leader, which will lead to success.” He also goes on to say, “People are led, and things are managed.”

As a young sergeant, my first mentor sat me down and counseled me on the difference between the two. He said, “There is a difference between leadership and management. Leadership is of the spirit, compounded by personality, vision and training. Its practice is an art. Management is a science of the mind. Managers are necessary. Leaders are indispensable.”

Retired Col. D. J. Myers, wrote in his 1991 Marine Corps Gazette article “Taking Care of the Troops,” “The individual who is overly concerned about promotion as the key to success may be promoted, but the individual who concerns himself about his Marines will surely succeed because he will instinctively do the correct things and the response of the troops will make the whole unit look good. The latter will have much more fun because he will not be alone. A good indicator of this is when the troops go out of their way to seek out a previous senior in order to say hello.”

Lt. Col. J. W. McClung wrote in his 1986 Marine Corps Gazette article “Leadership, Followership, and Dissent,” that “leadership is an art, and thus unquantifiable ... management has quantifiable characteristics. Management is a

See **Sgt. Maj. Corner**, Page 11

## HMM-268's first female aerial gunner flies high with pride

By Lt. j.g. LouAnn Wolfson

USNR, Reprinted with permission

**TWENTYNINE PALMS, Calif. —**

A slight figure is seen darting across the tarmac. She races over to her assigned CH-46E Sea Knight (affectionately know as a “Phrog”), clambers aboard and begins making hurried but meticulous preparations for the upcoming flight.

Atop the helicopter, seemingly being devoured by the outer doors, called “clamshells,” Sgt. Tina Faccento, Marine Medium Helicopter Squadron 268, checks engine oil quantity, fluid levels of the forward transmission, control rods and cables, and engine lubrication lines.

She then climbs down into the main cabin of the helicopter and makes ready the troop seats and safety belts, ensuring all are prepared for the mission. To all outward appearances, her movements mirror standard operating procedure for the Marine Medium Helicopter Squadron 268 pre-flight check by an aerial gunner during this Combined Arms Exercise-5.

So how do her actions warrant special attention? Stated with pride by her squadron mates, Sgt. Faccento is HMM-268's first female aerial gunner.

Sgt. Tina Faccento, 28, of Escondido, came to the HMM-268 squadron one year ago as a gunner observer and assistant crew chief with training in ordnance and on the .50-caliber machine gun.

Her thorough training and qualifications quickly earned her the promotion to aerial gunner, of which there are two on each CH-46E helicopter. Coming to the rotary wing platform from the fixed-wing side of the house was an easy decision, stated Faccento, because, “there's less tempo here and a more relaxed pace.”

According to Sgt. Faccento, “Being the first female aerial gunner is an added plus. Hopefully, I can inspire other females to become qualified for the same position.”

Faccento joined the Marine Corps in 1990 and spent her first four years in Hawaii as an ordnance specialist for VMFA-212 (F/A-18s). She then chose to leave the Marine Corps because it was the “thing to do, at the time” and decided to go back to school to become an elementary school teacher.

She spent three years as a civilian but realized she missed the excitement and the challenge that the Marine Corps provided her. She re-joined the Marine Corps in 1997 and spent two and a half years in Iwakuni, Japan.

In her spare time there, she taught English to high school students as well as adults. She was then transferred to an F/A-18 squadron.

Even though Faccento began her early flying days in the Sea Knight, “dreading it, because women weren't allowed and I also felt very nauseous when flying,” she quickly gained her confidence and her equilibrium.

She is now adamant when she states, “I love my job, especially the responsibility I have, the people I get to meet, and the way the Corps makes me feel.” Adding, while smiling ear-to-ear, “and it's fun!”

## Commandant to fly in MV-22 Osprey

The Commandant of the Marine Corps, Gen. James L. Jones, is scheduled to fly on an MV-22 Osprey Saturday at the Naval Air Weapons Station in China Lake, Calif. The flight marks the beginning of the third and final phase of the return-to-flight plan established after the loss of 19 Marines in a crash at Marana Airport in Tucson, Ariz., on April 8. The Marine Corps' four low rate initial production MV-22s are currently participating in Operational Evaluations which resumed June 5 at China Lake. OPEVAL is designed to validate the aircraft's tactical application in support of the Marine Corps' mission and will continue to be flown by the multi-service Operational Test team pilots. Following completion of opera-

tion at China Lake, the MV-22 will conduct OPEVAL missions with passengers at Marine Corps Air Station New River, N.C. The MV-22 has safely flown more than 40 troop-lift missions and has carried more than 700 troops during OPEVAL flights. A complete review by the Naval Air Systems Command, the Naval Safety Center and the head of Marine Aviation found no structural or design flaws that preclude safe flight operations. A



Official USMC photo

thorough investigation of the recent accident continues as the Marine Corps maintains its commitment to finding and correcting the cause.



# Station fire fighter's a smashing success at 'smash 'em up derby'

By Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

**T**he Miramar structural fire fighters competed against 13 other San Diego and Imperial County fire departments in the annual "Firefighters" Destruction Derby at Cajon Speedway, June 10.

The derby, which benefited the San Diego Burn Institute, was the finale of the evening's fund-raising events. Prior to the derby start Miramar was announced as the top fundraiser, collecting more than \$6,000

for the institute. Proceeds will go toward programs like sending burnt victims to Camp Beyond the Stars, and funding prevention, research and treatment, said Vicki Kennerson, special, event coordinator.

The departments sought sponsors, who donated varying amounts of money to the Burn Institute. Sponsorship also paid the way for each car. Each fire department entered a car in the derby, with the exception of Miramar, who entered two cars.

Once Miramar's fire station had enough sponsors, the real work began. Each car

had to meet with several safety standards in order to compete in the derby. Several alterations were made to each derby car to meet safety standards, said Mark Weimann, Miramar fire fighter. Changes included: relocating the battery to



photo by Cpl. Carolyn S. Sittig



photo by Cpl. Carolyn S. Sittig

(Left) One of the Miramar structural firefighter's vehicle sits outside the Cajon Speedway in El Cajon as the drivers wait for the Speedway races to conclude, signaling the start of the Firefighters Destruction Derby June 10. Thirteen fire departments participated in the derby to raise money for the Burn Institute. (Above) Cars take off during the races at the Cajon Speedway June 10. The races were filled with action as cars spun off the track, collisions abounded and near misses added to the excitement of the races. There were pony races and miniature car races to add a unique touch.

the passenger's side of the car, replacing the gas tank with a marine tank (type used in motor boats), removing all the windows except the windshield, installing a four

point safety harness, placing a 4-inch-wide steel pipe across the back seat of the car, according to Weimann.

Miramar's firefighters spent nearly 30 hours completing these changes, Weimann said. Miramar's drivers, Weimann and Greg Magill, Miramar fire station engineer, had clothing alterations as well. They wore Nomex suits, gloves, safety boots and helmets for further protection.

During the derby these precautions helped when dust obscured drivers' visibility, making it difficult to anticipate any attacks from other vehicles, said Weimann. "It gets dusty and you can smell the dirt and burning rubber. It's a nerve-wracking 10 minutes," he said.

Despite the rattled nerves Weimann applied lessons he learned last year to this year's derby. "Last year I was too aggressive and smashed my car early in the derby. Now, I will take my opportunities when I see them and take off (to safety)," he said. Yet, during the actual event things changed for Weimann. "I started out applying these techniques, but once I got out there in the middle it was a free-for-all. It didn't work out how I hoped, but I'm not too disappointed. I'm just glad everyone walked out of there okay," he added.

Weimann said he enjoyed being part of the derby because it's for a worthwhile cause and people really enjoyed seeing it.



# Tyrants inch by Lockdown, 10-9

By Lance Cpl. Scott Whittington

PAO, MCAS Miramar

The Headquarters and Headquarters Squadron “Tyrants” squeaked passed Naval Consolidated Brig “Lockdown” 10-9 in a second round intramural softball championship tournament slugfest on Field 4, June 14.

Tyrants hit parade was lead by first baseman Joe Stuck who went 2-for-3 including two two-run homeruns, redeeming himself after multi-game slump.

Tyrants never trailed, taking the lead after their first at bats. They scored one in the first and knocked in two or more runs in four of the next five innings.

Shortstop Maurice Smith was 2-for-4 with a double and a triple, scoring twice, including the Tyrants’ first run of the game. Smith was followed closely in the offensive department by second baseman Curtis Washington. Washington went 2-for-3 with two singles and trotted in twice on Stuck homers.

Lockdown fired right back in the top of the

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## All-Marine wrestler gets second shot at Olympic team

By Cpl. James Covington

PAO, MCB Quantico

In 1996, Albert Sankey, then a student at Grand Rapids Community College in Grand Rapids, Mich., fell short of his goal of becoming a member of the U.S. Olympic wrestling team. Now an All-Marine wrestler, Sankey is getting a second shot at his Olympic dreams.

Sankey, a water purification specialist with Marine Wing Support Squadron 373, is one of 14 All-Marine wrestlers to earn a trip to the Olympic trials in Dallas, June 21-24.

“I tried out in 1996, but I didn’t make it to the Olympic Trials,” Sankey said.

“When I was there, I saw the All-Marine team and I was impressed by them. At that moment, it was in the back of my mind to

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photo by Cpl. James Covington

(right) All-Marine wrestler Albert Sankey, Marine Wing Support Squadron 373 water purification specialist, locks up with fellow All-Marine wrestler (left) Keith Barkers during practice at Larson Gymnasium, Quantico, Va., June 17th.



Tyrants catcher/pitcher Timothy Blakey makes a late effort to tag out a Lockdown runner crossing home plate during a six-run rally in the top of the seventh. The Lockdown effort fell a run short, giving Tyrants a 10-9 victory. Lockdown is now in a “must win” situation for the remainder or the double elimination tournament.

photo by Lance Cpl. Scott Whittington

## Child development research shows – Dads matter

By Nancy Hotchkiss

RN, MA

Recent research is focusing attention on the importance of father involvement to the developing child.

This research has shown that when fathers are absent or non-involved, children suffer greater risk of poor performance in school, lower IQ, problems with peers, poor impulse control, an increased likelihood of aggressiveness, juvenile delinquency or early sexual behavior.

Conversely, when fathers are involved, children have been shown to have better success in school and with peers, more emotional control and flexibility, and are ahead developmentally.

One of the key factors in father involvement is starting at the beginning. Most fathers are present at the delivery of their child. But are fathers still there with the same enthusiasm when the child turns two?

Key to nourishing the development of this crucial relationship is the father participating in the daily, nurturing care of the infant. The old myths would tell us that mothers are biologically better programmed to care for an infant.

However, studies have confirmed that fathers are every bit as capable as mothers of holding, cuddling, feeding, diapering, soothing, and, in short, learning to read the cues of an infant.

Moreover, an important unique contribution of fathers is play. Babies benefit in cognitive and emotional development in a special way from play with fathers.

The children are not the only ones to benefit. When fathers are involved in parenting, the satisfaction in the marriage goes up. Studies have shown that fathers involved in parenting also show more satisfaction with their job. Fathers, themselves benefit from parenting by becoming more flexible, committed, mature, and have higher self esteem. What father involvement means is spending time with

the child, engaging in nurturing activity, learning to read cues, enjoying the child, playing, and feeling effective in role of father. Mothers, who often do have more time with an infant, can help fathers be involved by remembering there is more than one right way to do the same thing by talking about what different cues mean, realizing that playing with children is helping out, and by acknowledging that earning a living is part of what it takes to be involved as a father.

The Marine New Parent Support Program salutes Marine Corps fathers, mothers, and families. Our services: home visitation, Baby Boot Camp, Mom's Basic Training, Play morning, and parenting classes are in place to offer education and support to Marine Corps families with children six or under.

For questions regarding any of these services, please call (619) 524-0805.

Sunday from noon to 5 p.m. Call 577-4137 for more information.

### Planning to buy a used car?

The Auto Hobby Shop offers some good info on how to buy a used car / basic auto maintenance every month. The next class is July 11, 6 - 7 p.m. Call 577-1215 for more information.

### Outdoor summer concerts are in season

Enjoy the sounds of "City Rhythm" - R&B music with a jazz flavor! Bring a blanket and a picnic dinner for this live, outdoor concert. It's happening June 20, 6 - 7:30 p.m. at Mills Park, and it's free! The Single Marine Program will be serving snacks at a minimal cost.

Look for information on more free outdoor concerts, scheduled for July 25, Aug. 8 and Aug. 25.

### Area 51 Continues Ladies' Night

Every Wednesday, ladies can enjoy a complimentary Parrot Ice, snacks and — new! — free pool from 8 – 10 p.m. Enjoy the DJ every Saturday night. Call 577-4820 for details.

### Wake up and work out!

The Semper Fit Fitness & Sports Center now opens at 4:30 a.m. Monday through Friday. The Monday-Wednesday-Friday early group exercise classes now begin at 5:30 a.m. instead of 5:45.

### Get together to get in shape

Group exercise classes include Cardio-Kickboxing, Muscle Challenge, Super Step, Cardio Challenge, Senior Fit, Ab Blaster, Yoga, Kid Fit, Butts & Gutts, Cardio Interval and Aero-Sculpt. All aerobics classes are free. Yoga classes are \$5 per class or \$30 for eight classes. For a complete class schedule and facility hours, call 577-4129.

## Sports Briefs

- Intramural Basketball coaches will meet at 11:30 a.m. June 22 in the Semper Fit Fitness Center conference room. The season will begin in July.

- Intramural Roller Hockey coaches will meet at 11:30 a.m. June 23 in the Semper Fit Fitness Center conference room. The season will begin in July.

There will be a round-robin Racquetball Tourney July 10 - 21. Sign up at the gym. All levels are welcome. For more information, call 577-1202.

### Tyrants, continued from page 7

second, scoring two runs to momentarily take a 2-1 lead. However, the Tyrants answered back with two in the bottom of the second inning to reclaim the lead, 3-2.

The next four innings were quiet for the Lockdown. Clean-up hitter Burton scored their only run in the fourth. Burton lead Lockdown hitter with two singles, a double, a walk and two runs scored.

Lockdown's middle-inning drought allowed Tyrants to virtually nail the coffin shut as they tacked on seven more, making the score 10-3 going into the top of the seventh and final inning.

However, Lockdown responded with a stunning comeback, pounding in six runs before Tyrants finally shut them down. The sixth run of the inning was walked in and Lockdown had two outs with the bases loaded. However, their heroic efforts fell short resulting in a pop-up into Washington's glove.

The loss sent Lockdown into the loser bracket, where they will have to fight their way for a chance to appear in the finals on June 28. The championship game will be played on Field 4 at 11:15 a.m.

Tyrants advance to the next round where they will face the Marine Aircraft Group 11 "Scrubs." Also advancing to the third round are the undefeated Marine Aviation Logistics Squadron 11 "Posse," and Marine Wing Support Group 37 "4 Real."

Posse will play 4 Real on Field 4 Monday at 11:15 a.m. Scrubs and Tyrants will follow immediately afterward at 12:15 p.m.

### Freebies of the Week

June 19 – 23: Sign up at the Library to win one of 10 pairs of adult tickets to the Birch Aquarium. The Library is located in the Lifelong Learning Center, Bldg. 5303. Call 577-1261 for directions.

June 26 – 30: It's summer, it's hot, and it's Knott's Soak City USA! The Youth Center has two family packs (two adult and two child tickets) for the winner's of this week's drawing. Call 577-4136 for details.

### Youth T-ball and Softball Registration

Register for T-ball and softball through July 7. The age groups are 3 – 7 for T-ball, 8 – 10, 11 – 13 and 14 – 16 for 3-pitch softball. A fee of \$36 includes a T-shirt, trophy and picture package. Games will be played on Saturdays at Murphy Canyon Youth Center and MCAS Miramar. Registration is open to all DoD and military family members. A completed registration, payment

and current medical assessment are required. Call the Miramar Youth Center at 577-4136 for details.

### Crabfest at O'Club

The O'Club's popular Crabfest returns on June 23, from 6 – 8 p.m. Enjoy all-you-can-eat Canadian snow crab legs along with New England Clam Chowder, green salad, coleslaw, fried shrimp, charbroiled top sirloin, rice pilaf, corn cobbettes, vegetable, dinner rolls, desserts and coffee, iced tea or water. The price is \$15 for adults, \$10 for ages 4 – 12, and free for ages 3 and under. It's open to officers, enlisted staff (E-6 and above) retirees and DOD civilians (GS-7 and above), and their dependents and guests in appropriate civilian attire. Reservations are required. Please call 577-4808.

### Officers' pool moves to summer hours

The Officers' Pool, Bldg. 4551, will be open Tuesday through



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## New dental plan expands services, includes reservists

By Staff Sgt. Kathleen T. Rhem

*American Forces Press Service*

**WASHINGTON** — The DoD’s new TRICARE Dental Program will feature lower premiums, expanded services and cost ceilings, and will allow reservists and their families to enroll.

The DoD awarded a \$1.8 billion, five-year contract in April to United Concordia Companies Inc. of Camp Hill, Pa., the current TRICARE Family Member Dental Plan administrator. Changes take effect Feb. 1, 2001. “One of the most significant changes is that reserve component members and their families will be eligible to enroll,” said Navy Capt. Lawrence D. McKinley, the TRICARE Management Activity’s senior consultant for dentistry.

During the first two years of the contract, premiums for active duty family members will drop from the current levels. The \$8.53 single and \$21.33 family rates will drop to \$7.63 and \$19.08 respectively during the first year, and remain below current levels even

during the second year. Premiums for reservists on extended active duty and their families will mirror those of active duty members, however premiums for families of reservists not on active duty will be somewhat higher. After the first two years, premiums may rise, but “will remain very reasonable,” McKinley said.

Other improvements include:

- The enrollment “lock-in” period falls from 24 months to 12. That is, active duty members must have 12 months left on their current term of service to enroll. Reservists must “express intent” to remain in the reserves for at least 12 consecutive months.

- United Concordia will take over enrollment responsibilities from the services’ personnel offices. McKinley said this should improve customer service by allowing beneficiaries to deal directly with the contractor. Current enrollees will automatically transfer to the new system.

- The annual maximum for general dentistry increases from \$1,000 to \$1,200, and the lifetime maximum for orthodontic

care goes from \$1,200 to \$1,500.

- General anesthesia and intravenous sedation will be covered.
- Coverage of diagnostic and preventive services expands.

Most of the changes stem from customer feedback. “We’ve been listening to the beneficiaries. We’ve incorporated as many of their suggestions as possible,” McKinley said. “We also listened to concerns from line commanders about dental readiness and the quality of life of their people.”

He also said DoD officials constantly monitor civilian insurance programs. The new TRICARE plan, he said, “easily matches most insurance programs of Fortune 500 companies and is better than many.” McKinley stressed the program will evolve over the five years of the contract. TMA officials monitor civilian plans to pick up on trends and to look at things worth adopting.

For more information, beneficiaries can call United Concordia’s toll-free customer service line at 1-800-866-8499 or visit their Web site at [www.ucci.com](http://www.ucci.com).

### House votes on MGIB benefits increase and other news

The House unanimously passed the Veterans and Dependents Millennium Education Act, which offers substantial benefit improvements. The legislation increases the monthly Montgomery GI Bill benefit from \$536 to \$600 on 1 October 2000, with a second hike to \$720 in October of 2002.

It also allows MGIB benefits to be paid during academic breaks (up to eight weeks) and to be used for licensing or certification exams. Veterans Educational Assistance Program participants still on active duty would also have the opportunity to convert to the more generous MGIB.

The Fleet Reserve Association has long advocated conversion options for VEAP participants and those who elected not to enroll in the MGIB. Calkins states “This has been a long-standing concern of those on active duty, we’re glad to see Congress improving the VEAP conversion rules.”

### VA and HUD Appropriations

The House Appropriations Subcommittee for Veterans Administration and Housing and Urban Development approved its fiscal year 2001 spending bill. The measure provides \$20.3 billion for VA, including nearly \$1.5 billion for medical care.

### Fleet Reserve Association sponsors essay contests

The FRA’s National Committee on Americanism and Patriotism is sponsoring its annual Americanism Essay Contest for students in grades 7 through 12 (or equivalent). The theme for the 2000-2001 contest is “What Does the American Flag Stand For?”

Entrants must be sponsored by an FRA branch, FRA unit, or member. Essays of 350 words or less must be typed or legibly written on a single sheet of paper and must be submitted to a branch Americanism chairman by 1 December 2000.

Prizes totaling \$25,000 will be awarded to national winners, with branches and regions offering additional prizes for local and area winners. Contact your local FRA branch for more information. A listing of FRA branches is available at [www.FRA.org/branches](http://www.FRA.org/branches).

### Fifth annual enlisted essay contest entries accepted

The Naval Institute is sponsoring its fifth annual Enlisted Essay Contest and invites submissions on any subject related to military service.

The competition is open to active duty, reserve or retired members of the armed services and essays must be received by Sept. 1.

Prizes of \$1,000, \$750, and \$500 will be awarded for the top three essays. Submission guidelines are available at [www.usni.org/Membership/contests.htm#list](http://www.usni.org/Membership/contests.htm#list) or by calling (410) 295-1058.

**Value,**  
continued from page 1

retail stores call Best Value are not name brand items like the commissary will have marked down to the Best Value prices.

The prices, Duell said, will be lower than the same size of any other brand in the commissary or local grocery stores.

“We hope to make the commissary here more appealing than the retail market outside the gates,” said Michelle M. Frost, store director at the commissary here. “We’re working hard to help our shoppers save money,” said Duell. “We already average 27 percent savings overall, but we want even more for our customers. Surveys show that the commissary is ranked among the top two benefits, and the agency’s job is to make that benefit even more valuable.”

Best Value prices will also be lower than premium-quality, store brands sold at retail groceries. Often, retail stores have “store” or “private label” brands that vary in quality and price. By regulation, commissaries are only permitted to stock widely available name brands that may not be necessarily the cost-effective price. “We hope our customers shop at their commissary, see we have the best prices and that we are an important benefit to quality of life,” said Michelle M. Frost, store director here.

**Tobacco,**  
continued from page 1

women are more likely to quit smoking when they become pregnant,” he said. “We believed basic training is another one of

those times — people have already said they’d wear different clothes, march in a line and do things they’ve never done before. They are much more open to change.” To test this theory, the National Institutes of Health in Bethesda, Md., granted the University of Memphis \$3 million in the mid-1990s to survey the smoking habits of all 35,000 Air Force recruits in a year.

All the trainees received a one-hour class on the benefits of not smoking. A year after basic, researchers polled 95 percent of the pre-training smokers and 65 percent of the pre-training nonsmokers. Findings were mixed. Officials learned that 17.7 percent of the smokers had quit for good. Unfortunately, Talcott said, 11 percent of the nonsmokers picked up the habit. “So we still have some work to do,” he said. Talcott also said the committee, which is less than a year old, plans to take steps through both policy and programs to attempt to decrease the number of smokers in the DoD. Tobacco use is the single most preventable cause of premature death in the United States, he said. “That makes it a worthy thing for us to study.”

**Kosovo,**  
continued from page 1

mission’s success to this point:

- 1.3 million refugees have returned home — 840,000 from neighboring Albania and the former Yugoslav Republic of Macedonia and 555,000 displaced inside Kosovo.

- The murder rate is down from 50 per week to seven.
- 3,800 small arms have been confiscated and destroyed, and 8,500 weapons have been handed in voluntarily by the Kosovo Liberation Army.
- 16,000 homes and 1,165 schools have been cleared of unexploded ordnance.
- 18,000 stoves, 4,000 truckloads of firewood and more than a million roofing tiles have been distributed to the people of the region.

Hot spots of continuing violence remain in several areas, including Mitrovica and the Presevo Valley, Quigley said, and land mines, unexploded ordnance and booby traps keep many refugees from returning to their homes and villages. Another issue the peacekeepers are struggling to address is violence against Serbs by ethnic Albanians hungry for revenge.

**ARFF,**  
continued from page 2

first game jitters, but by the end you’re comfortable,” said Lance Cpl. Robert Lueders, ARFF.

Lance Cpl. Woodrow Brown, ARFF, said he found learning the San Diego, Marine and Navy medical protocol, such as making proper radio transmission, was more challenging than the textbook training. Lueders said the paperwork an EMT is required to fill out on the patient’s before, during and after they were treated was hard for him.

Brown feels this hands-on training is something Marines going through the course really need. “I feel a lot more comfortable since I’ve had this training because there’s only so much experience you can get in a classroom,” said Brown.

The best advice they would both give to anyone going through the program is to sit back and learn. “They’ve been in the field a lot longer than you and know more about it then you do, so pick their brains—it’ll definitely be worthwhile,” said Lueders.

“I think this is one of the best things, Marine Corps related, that has happened to me since I came to Miramar,” said Lueders.

Gerhart echoes this sentiment and said the clinic has also benefited from having the Marines there. “The Marines who have gone through the hands-on portion have done phenomenal. They were a great asset and the helped us out since we are so short-handed. We’re hoping this program will continue,” he said.

**Shwayhat,**  
continued from page 2

a deployment or exercise, his focus shifts to evaluating the medical threats within the theater of operations and preparing the Marines and Sailors for them, he said. When HMM-165 was deployed to East Timor dinged fever, malaria and tuberculosis were in epidemic proportions. Shwayhat said he had to assess and prevent service members from contracting these diseases.

Part of a flight surgeon’s job is to create, with the commanding officer, a good command relationship between the medical department and the squadron, according to Shwayhat.

“I had the best commanding officers that a flight surgeon could ask for, Lt. Col. Robert M. Zeisler, commanding officer HMM-165, and Lt. Col. Guy M. Close, assistant director of safety and standardization for 3d Marine Aircraft Wing,” Shwayhat said, “They are the best in the service.”

Shwayhat attributes his success to all of the “White Knight” Marines and Sailors, from the commanding officer down to the privates, including the corpsmen of 3d MAW. He is also adamant about crediting Capt. William B. Ferrara, medical officer for 3d MAW Head-

quarters.

“We are delighted one of the 3d MAW flight surgeons was selected as the best in the entire United States Department of the Navy,” Ferrara said, “Shwayhat exemplifies medical expertise, enthusiasm and deep concern for all of his Marines. He sets an excellent example for all Marines to strive for in his or her own jobs.”

According to Shwayhat HMM-165 is the finest team of men and women he’s ever come in contact with during his three-year career. However he’ll be moving on, in his career and in life, in July.

Shwayhat intends to pursue a career in internal medicine.

“We’ll be missing him as he goes on. We hope he’ll comeback to support the operating fleet as soon as he can,” Ferrara said.

**Fantasy Jobs,**  
continued from page 3

Yahoo! ID, complete a resume and essay, and they’re on their way.

They can enter one or all five contests. Prizes include round-trip airfare, accommodations, meals, ground transportation, and up to a five-day-long immersion experience in today’s military. Members of the various services will judge the entries.

Yahoo! approached DoD about joining its fantasy job contest. “Yahoo! came to us actually, with respect to their jobs site and an idea of incorporating some of the information on the variety of jobs that we have available every year,” said Vice Adm. Patricia A. Tracey, deputy assistant secretary of defense for military personnel policy. “We recruit about 350,000 people every year. We have a huge number of vacancies,” said Tracey. “We are seeking different ways of exposing the American people to who we are as a military and, in particular, exposing them to who the people are who are in today’s military. This seemed like an unusual way, to do that really begins to introduce us a little bit better to how to use a medium like the Internet for our purposes.” She said DoD will spend about \$250,000 to promote the Yahoo! contest. DoD already spends \$300,000 on advertising on the Internet annually.

**5K,**  
continued from page 3

Col. Paul R. Bless. Lucas reinstated bimonthly squadron runs at H&HS shortly after taking command of the squadron in June 1998.

At the end of the run/walk, all participants gathered in the field where they started and enjoyed a low-fat breakfast of free bagels, fruit and juice. Everyone who gave their time and energy to the campaign against drugs also received a free MCCS anti-drug campaign and Semper Fit T-shirt.

Door prizes were also given out

to one individual and unit that participated in the run. Maj. Scott Ferrando, staff secretary for Marine Corps Air Bases Western Area won a free limousine ride and Marine Wing Communication Squadron, “B” Co., was awarded a \$50 credit for their Unit Recreation Fund.

The next event of the 99 Days of Summer Challenge is a three on three basketball tournament, July 10-14. For more information contact MCCS at 577-6365.

**Veterans,**  
continued from page 4

he teased. “I was captured by the Germans and sent through there.” What Boyter neglects to say is that he was shot through both legs and the Germans, when they retreated, left him to be cared by Allied doctors.

Other men carried the 48-star flags they had carried during World War II. The flags are faded now. “Sort of like us, I suppose,” said a D-Day pilot. “But we’ll hammer this flag to the top of the flag staff and still fight for it, I guess.”

The military parade to honor these veterans was billed as the largest in 40 years. The line ran two miles through the streets of the city and passed in front of the museum. Veterans in Army trucks waved to the thousands of people lining the route. Bands and marching units from today’s military and French and British troops also honored the veterans by their presence.

The veterans seemed proud and pleased at the response of the people of the city. In a truck carrying veterans of the 4th Infantry Division that landed on Utah Beach June 6, 1944, tears streamed down the craggy face of one veteran. But he was still smiling and he was still waving to the crowd.

Marine veterans of severe fighting in the Pacific Theater of World War II were buoyed along the route by the “Ooh-Rah’s” of current and former Marines. In the bed of one Army truck, a former Marine carried a captured Japanese flag and waved it at the crowd.

Today’s service members also benefited from meeting the veterans and hearing their stories. One Medal of Honor recipient seemed to have a joint service conference around him as soldiers, sailors, airmen and Marines hung on his every word. He was peppered by questions from the curious service members, and they wouldn’t let him go until they had their pictures taken with him.

“They are a lot like we were,” he said to his wife as he walked away. “Too young for the type of work we ask them to do.”

Some of the veterans used the opportunity to learn more about today’s military. “What do you mean you’re in the reserves and your unit is deploying to Kuwait?” asked one Georgia veteran. The Louisiana Army Reservist assured the vet that was the case. Members

Free Movies

• Today: Rules of Engagement (R), 6:30 p.m.; U-571 (PG-13), 9:00 p.m.

• Saturday: The Flintstones: Viva Las Vegas (PG), 6:30 p.m.; Keeping the Faith (PG), 8:30 p.m

• Sunday: The Flintstones: Viva Las Vegas (PG), 1:00 p.m.; Return to Me (PG) 6:30 p.m.

• Monday: closed

• Tuesday: closed

• Wednesday: Love and Basketball (PG-13), 6:30 p.m.

• Thursday: My Dog Skip (PG), 2:00 p.m.



of the 29th Infantry Division Association — “The 29ers” — were proud their National Guard unit was sending battalions to Bosnia.

The museum is more than just a house of artifacts. Part of its attraction is the stories of the veterans. Interspersed among the exhibits are videos of the men and women and their recollections of America, military life, life on the home front and combat. The pictures these videos show are of young men and women, but the voices are old and sometimes it is difficult to reconcile the difference.

The World War II generation grew up enduring the hardships of the national calamity called the Great Depression and then fought in the most destructive war in history. Newsman Tom Brokaw calls those men and women now entering, or in, their 80s “The Greatest Generation” in his bestselling book.

At the end of film director Steven Spielberg’s masterwork on the Normandy invasion, “Saving Private Ryan,” the character played

by Tom Hanks is dying. He looks at Private Ryan and says, “Earn this.” Spielberg himself alluded to this during his speech at the grand celebration. He said the generations that followed the World War II generation had to work “to earn their respect.”

Cohen stressed that today’s military is working to earn the respect of their predecessors. “Those who have inherited the mantle of defense, the men and women of today’s armed forces ... carry on your noble work, deserving what you have created, defending the victory you achieved and honoring the ideals for which you struggled,” he said. “On behalf of all the soldiers, sailors, airmen, Marines and Coast Guardsmen who came after you, we say ‘Thank you.’”

**Sgt. Maj. Corner,**  
continued from page 4

workable tool, a subset to leadership.”

Marine Corps leadership is what sets us apart from others and makes us the preferred ‘911’ choice

of the world. It fosters combat efficiency, camaraderie, esprit de corps and uncompromising devotion to the values and traditions of our Corps.

Leaders care! Leaders protect! Leaders mentor! Leaders mold! Leaders are involved! Leaders have fun!

Managers are necessary, and Leaders are indispensable!

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**Sankey,**  
continued from page 7

be one of them.” Sankey, a native of Akron, Ohio, was introduced to wrestling by his sixth grade gym teacher, who was also a high school wrestling coach.

“I like the explosive moves used in wrestling and the one-on-one competition that it offers,” Sankey said. “It’s not like football or basketball where you have to wait around for the ball. In wrestling, it’s just you and your opponent.”

Sankey wrestled in high school, but it wasn’t until junior

college that he excelled in the sport.

“I was a 1992-1993 junior college all-American,” Sankey said. “After that, I tried my luck on the Olympic circuit and didn’t do very well.” Sankey joined the Marine Corps in 1996 and continued to hone his wrestling skills. “I was wrestling in a tournament in Okinawa when I realized I had a shot at making the All-Marine team,” Sankey said. “So I tried out in 1998, and I’ve been on the All-Marine team for the last three years.

The All-marine team is preparing for the Olympic trials with a rigorous training program including weightlifting, agility training, and cardiovascular work “Cpl. Sankey has a lot of natural talent,” said Jay Antonelli, coach of the All-Marine wrestling team. “This year he put in the extra effort, and it paid off.”

Sankey earned a second chance at Olympic glory by winning his weight class of the Olympic Regional Qualifiers in

Rockport, N.Y. He won the final match in overtime against an opponent who had beaten him previously.

“I scored the first point, then he started wrestling very passively not allowing me to score,” said Sankey. “When we went into overtime, I knew I had him. I knew that I was in better shape than he was.”

As a member of the All-Marine team, Sankey feels he is in the company of some of the finest wrestlers in the world. “We have wrestlers who could have scholarships to any college they want,” Sankey said. “They would rather wrestle for the Marine Corps because they know our program is going to win.” Sankey feels the All-Marine wrestlers will do very well at the Olympic trials.

“Marines are winners,” Sankey said. “People who join the Marine Corps have a hunger to excel and want to win. I think that carries over onto the wrestling mat.”